

Food – Non Perishable

Canned food (baked beans/spaghetti/tomatoes/soup/fruit)

Baking ingredients (flour/baking powder/baking soda/golden syrup/icing sugar/castor sugar)

Cooking oil/olive oil (small size)

Potatoes/kumara/pumpkin/carrots/onions

Biscuits/muesli bars (no nuts)

Toast spreads

Soy sauce/marinades/stir in sauces